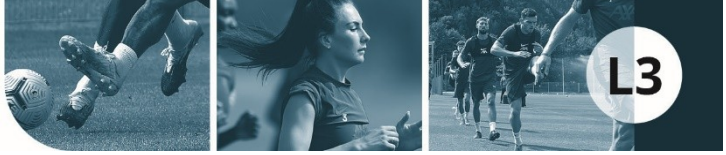
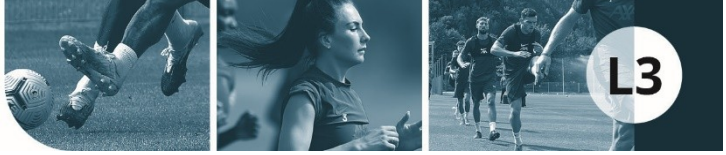


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 24: Applied Sports Anatomy and Physiology**
Learning aim	Learning Aim D: Explore the different types of energy systems and how they are used in exercise.
Assignment title	The Energy Systems
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You are an Assistant Sports Coach in a multi-sport club. You have been given the role of working with the Under 18's squad. Many of the players are on the verge of securing semi-professional or professional contracts but need a little support to increase their position specific fitness. You decide to create a section for the club's website that contains information about the bodies energy systems and how it responds to acute and long-term exercise. The players can then access this at any time and work on the areas of fitness that will benefit their position the most.

Task 1	Create information to be displayed on the club's website. The information should evaluate the different energy systems and the benefits of their adaptations for use in sport and exercise. Your examples should be related to your chosen sport. The website should include the following information; • An explanation of the 3 energy systems and the amount of ATP they produce. • Sports that use the 3 energy systems and the recovery periods included. • An assessment of how the energy systems are used in a chosen sport. Discuss when the 3 systems will be used and how their use links to intensity of exercise. • The acute responses to exercise of the energy systems. Include examples of how different types of activity would stimulate different responses from the 3 systems. Consider the energy continuum and the limitations of certain systems in the acute phase of exercise. • The long-term responses to exercise if a player participates in sustained exercise, such as a six-week training programme. • Evaluate each of the energy systems and the adaptations that they make to allow the body



	to perform at a higher intensity. Discuss how these will be of benefit in your chosen sport. Throughout the report you should use examples to ensure the players understand how the information is applied to their sport.

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
D.P8	Explain different energy systems and their use in sport and exercise activities.
D.M4	Assess different energy systems and their use in sport and exercise activities
D.D3	Evaluate different energy systems and the benefits of their adaptations for use in sport and exercise activities.
Checklist of evidence required	Informational materials to be displayed on a website
Other assessment materials attached to this brief	